Coping Skills Bingo

Use your darn it dude	Arts and Crafts	Let yourself cry	Think about happy memories	Read
Exercise	Use positive self-talk	Take a shower	Cooking or Baking	Talk to a friend
Use a stress ball	Watch a Movie	**FREE**	Dance	Play
Play with a pet	Try something new	Pray or meditate	Muscle relaxation	Start a hobby or project
Listen to Music	Deep breathing	Take a time out	Write in a journal	Go outside

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Coping Skills Bingo

Watch a Movie	Cooking or Baking	Think about happy memories	Exercise	Take a shower
Let yourself cry	Write in a journal	Read	Deep breathing	Talk to a friend
Play with a pet	Dance	**FREE**	Play	Arts and Crafts
Muscle relaxation	Take a time out	Use your darn it dude	Go outside	Try something new
Pray or meditate	Start a hobby or project	Use a stress ball	Use positive self-talk	Listen to Music

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Coping Skills Bingo

Deep breathing	Take a time out	Cooking or Baking	Start a hobby or project	Dance
Use your darn it dude	Play with a pet	Pray or meditate	Use positive self-talk	Read
Use a stress ball	Go outside	**FREE**	Try something new	Muscle relaxation
Watch a Movie	Talk to a friend	Think about happy memories	Write in a journal	Let yourself cry
Play	Arts and Crafts	Take a shower	Exercise	Listen to Music

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